

19. Body Code

Description

Arrange pupils into four or five groups. Invite the groups to go to one end of the playing area keeping a safe distance apart. Place 4 hoops or spot markers, spaced out evenly, for each team between each end of the playing area. The teacher demonstrates four different activities to perform in each hoop (star jumps, squats, burpees, vertical jumps). The pupils must remember the order of the activities and how many to do in each hoop (5 star jumps in hoop 1, 3 vertical jumps in hoop 2, etc). Once the pupil has finished all activities they must run to the end of the playing area around a cone and back home. If the pupil gets the order or number of activities wrong they must go back and restart. The first pupil home out of the four teams wins a point for their team.

Equipment

- Spot Markers
- Hoops
- Cones

Variations

- Increase or decrease the number of activities or the amount of each activity they have to do.
- Vary the travel instead of running.
- Use visual aids for pupils who need assistance.

